

WORD

¹⁸*Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body.* ¹⁹*Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own,* ²⁰*for you were bought with a price. So glorify God in your body.* **1 CORINTHIANS 6:18-20**

As Christians, we believe that our bodies belong to God; we are not our own. Not only does our body belong to God—His Spirit dwells in it. Honoring God therefore means controlling our bodies in a way that is holy and honorable. Our bodies are to be used to serve and glorify Him. In this lesson, we will look at three guiding principles to help us honor God with our bodies.

1 Watch out for what comes in.

¹¹*For the grace of God has appeared, bringing salvation for all people,* ¹²*training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age . . .* **TITUS 2:11,12**

Every day, we encounter many things that can influence our bodies through our senses—what we see, hear, and feel around us. We must therefore guard our bodies against anything—including information, products, entertainment, and relationships—that can lead us to ungodliness. We must always immediately flee from and disagree with anything that can corrupt our bodies with sexual immorality, sinful thoughts and habits, or an unhealthy lifestyle. What are some examples of influences that we must guard against? What things should we *renounce*?

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2 Watch out for what goes out.

. . . training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age . . . **TITUS 2:12**

With our bodies, we are able to live for and serve God. Our mouth, hands, feet—our whole body—should be used for honorable purposes. This means that everything about us should honor God. We glorify God by living *self-controlled, upright, and godly lives*. How can we honor God with our thoughts, speech, and actions? According to 2 Timothy 2:20-25, how can we be vessels for honorable use?

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3 God's grace empowers us to live for Him.

¹¹*For the grace of God has appeared, bringing salvation for all people,* ¹²*training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age,* ¹³*waiting for our blessed hope, the appearing of the glory of our great God and Savior Jesus Christ,* ¹⁴*who gave himself for us to redeem us from all lawlessness and to purify for himself a people for his own possession who are zealous for good works.* **TITUS 2:11-14**

On the cross, Jesus paid the price to redeem our bodies. Jesus' sacrifice of His own body saves us from the power of sin and death, and now His grace trains and enables us to live for Him. Without Christ, we could never say no to sin. But in Christ, because of His grace, we can say no to ungodliness and live for Him. How have you experienced God's grace to live for and obey Him?

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